

## Who we can help

We are able to support people who are:

- 18 years old and over
- Registered with a GP in Derbyshire, Leicestershire, Lincolnshire, Northamptonshire, Nottinghamshire or Rutland
- Experiencing current or recent problematic gambling, resulting in harm to themselves and/or to other people.

We will ask you to work positively with us and put in the time and effort needed to make a positive difference. We will also ask you – either directly or through your GP or another health professional – to consent to treatment.

**If you would like this information in a different language or format, including Easy Read or BSL, please contact [dhcft.communications@nhs.net](mailto:dhcft.communications@nhs.net)**

Ak by ste chceli tieto informácie v inom jazyku alebo vo formáte, kontaktujte spoločnosť [dhcft.communications@nhs.net](mailto:dhcft.communications@nhs.net)

如果您想要将本信息用其他语言或格式显示，请联系 [dhcft.communications@nhs.net](mailto:dhcft.communications@nhs.net)

Si vous souhaitez recevoir ces informations en une autre langue ou un autre format, veuillez contacter [dhcft.communications@nhs.net](mailto:dhcft.communications@nhs.net)

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Pokud budete chtít tyto informace v jiném jazyce nebo ve formátu, kontaktujte [dhcft.communications@nhs.net](mailto:dhcft.communications@nhs.net)

Jeżeli chcieliby Państwo otrzymać kopię niniejszych informacji w innej wersji językowej lub w alternatywnym formacie, prosimy o kontakt z [dhcft.communications@nhs.net](mailto:dhcft.communications@nhs.net)

ਜੇ ਤੁਸੀਂ ਇਸ ਜਾਣਕਾਰੀ ਨੂੰ ਹੋਰ ਭਾਸ਼ਾ ਜਾਂ ਫਾਰਮੈਟ ਵੱਲੋਂ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ ਕਰਿਪਾ ਕਰਕੇ ਸੰਪਰਕ ਕਰੋ [dhcft.communications@nhs.net](mailto:dhcft.communications@nhs.net)

اگر آپ کو یہ معلومات کسی مختلف زبان یا وضع میں مطلوب ہو تو براہ مہربانی رابطہ کریں

[dhcft.communications@nhs.net](mailto:dhcft.communications@nhs.net)

Free NHS  
support to  
stop the harm  
caused by  
gambling



# East Midlands Gambling Harms Service




Tel: 0300 013 2330

Email: [dhcft.emgamblingharms@nhs.net](mailto:dhcft.emgamblingharms@nhs.net)

Web: [www.eastmidlandsgambling.nhs.uk](http://www.eastmidlandsgambling.nhs.uk)

Managed by Derbyshire Healthcare NHS Foundation Trust



Do you bet more than you can afford to lose?

Have other people questioned how much you gamble?

Is your gambling affecting your health?

Many people take part in gambling of one form or another. For some, it can be an enjoyable activity. But other people find that gambling harms their physical and mental health, relationships and performance at work. It can leave them in serious debt, too.

That's where our service comes in.

## What we offer

We provide specialist therapies and treatment to people in the East Midlands affected by gambling addiction and gambling problems.

Through group workshops and therapy sessions, we help people to learn how to control the urge to gamble and adopt more realistic attitudes about the prospects of winning.

We also give people tools to build an alternative, more meaningful lifestyle, free from gambling.

## Who we are

We are an NHS team of mental health professionals. Within our team we also have 'experts by experience' – people who have recovered from a gambling addiction themselves.

We are based in Derby but offer support to people across the East Midlands. Most of our support is through virtual treatment programmes but we offer face-to-face support where more appropriate.

## How to request our support

You can either refer yourself or ask a professional like a GP to refer you.

If you want to refer yourself, please...

- Call us on 0300 013 2330 – please leave a message if the line is busy or if you are calling outside of office hours
- Email us at [dhcft.emgamblingharms@nhs.net](mailto:dhcft.emgamblingharms@nhs.net)

Please provide a telephone number so a member of the team can call you back during office hours (Monday to Friday, 9am to 4.30pm).

